IN THE CLAIMS

1. (currently amended) A fore grip for mounting mountable to a firearm to stabilize the firearm, said fore grip comprising[[:-]] means for attachment to a firearm; a grip portion; a collapsible and concealable bipod contained within a recess inside said grip; deployment means for deployment of the bipod from within said fore grip, said bipod coupled to means for deployment; and retention means to retain said deployment means within said fore grip upon activation of said deployment means an elongate handle having an upper end portion and a lower end portion and an internal tubular recess extending between said upper and lower end portions of said handle, mounting means affixed to said upper end portion of said handle for attaching said handle to a firearm, a bipod including a pair of elongate legs, each said leg having an upper end portion and a lower end portion, each said leg sized in length to be substantially completely selectively positionable and housed within said recess, movable means located within said recess and attached to said upper end portion of each said leg, said movable means operable to move said bipod from a stored position with said legs substantially completely within said recess to a deployed position with said legs substantially completely exposed outside said lower end portion of said handle, and selectively operable release means for engaging said movable means for securing said bipod in said stored position.

- 2. (cancelled).
- 3. (cancelled).
- 4. (cancelled).
- 5. (cancelled).
- 6. (cancelled).
- 7. (cancelled).
- 8. (cancelled).

- 9. (cancelled).
- 10. (cancelled).
- 11. (cancelled).
- 12. (cancelled).
- 13. (cancelled).
- 14. (cancelled).
- 15. (cancelled).
- 16. (cancelled).
- 17. (cancelled).
- 18. (cancelled).
- 19. (cancelled).
- 20. (cancelled).
- 21. (cancelled).
- 22. (cancelled).
- 23. (cancelled).
- 24. (new) The fore grip as defined in Claim 1 wherein said movable means includes a piston having a piston shaft and a piston head, said piston head attached to said upper end portion of each said leg, and a spring mounted between said upper end portion of said handle and said shaft for biasing said piston downwardly.
- 25. (new) The fore grip as defined in Claim 24 further including selectively operable release means for engaging said piston shaft for securing said bipod in said stored position.

- 26. (new) The fore grip as defined in Claim 24 further including hinge means mounted on said piston head for securing said legs to said piston.
- 27. (new) The fore grip as defined in Claim 1 further including stop means for limiting the downward travel of said movable means.
- 28. (new) The fore grip as defined in Claim 24 further including means for preventing rotation of said piston when said piston is moved upwardly and downwardly.
- 29. (new) The fore grip as defined in Claim 1 wherein each said leg includes a foot portion formed on said lower end of said leg.
- 30. (new) The fore grip as defined in Claim 29 wherein said legs are sized to place said feet closely adjacent said lower end portion of said handle when said legs are in said stored position.
- 31. (new) The fore grip as defined in Claim 1 further including means for spreading said legs apart when said legs are moved to said deployed position.
- 32. (new) The fore grip as defined in Claim 31 wherein said means for spreading said legs apart includes a spring mounted between said legs.
- 33. (new) A fore grip mountable to a firearm to stabilize the firearm, said fore grip comprising an elongate handle having an upper end portion adapted for attachment to a firearm and a lower end portion and an internal tubular recess extending between said upper and lower end portions of said handle, a bipod including a plurality of elongate legs, each said leg having an upper end portion and a lower end portion, each said leg sized in length to be substantially completely selectively positionable and housed within said recess, movable means located within said recess and attached to said upper end portion of each said leg, said movable means operable to move said legs from a stored position with said legs substantially completely within said recess to a deployed position

with said legs substantially completely exposed outside said lower end portion of said handle, release means for positively locking said movable means mounted to said upper end portion of said handle for engaging said movable means to secure said legs in said stowed position.

- 34. (new) The fore grip as defined in Claim 33 further including means for spreading said legs apart when said legs are moved to said deployed position.
- 35. (new) The fore grip as defined in Claim 33 wherein said movable means includes a piston having a piston shaft and a piston head, said piston head attached to said upper end portion of each said leg, and a spring mounted between said upper end portion of said handle and said shaft for biasing said piston downwardly.
- 36. (new) The fore grip as defined in Claim 35 further including selectively operable release means for engaging said piston shaft for securing said legs in said stored position.
- 37. (new) The fore grip as defined in Claim 35 further including hinge means mounted on said piston head for securing said legs to said piston.
- 38. (new) The fore grip as defined in Claim 33 further including stop means for limiting the downward travel of said movable means.
- 39. (new) The fore grip as defined in Claim 35 further including means for preventing rotation of said piston when said piston is moved upwardly and downwardly.
- 40. (new) The fore grip as defined in Claim 33 wherein each said leg includes a foot portion formed on said lower end of said leg.
- 41. (new) The fore grip as defined in Claim 40 wherein each said foot portion has a fixed thickness.

- 42. (new) A fore grip mountable to a firearm to stabilize the firearm, said fore grip comprising an elongate handle having an upper end portion adapted for attachment to a firearm and a lower end portion and an internal tubular recess extending between said upper and lower end portions of said handle, a bipod including a plurality of elongate legs, each said leg having an upper end portion and a lower end portion, each said leg sized in length to be substantially completely selectively positionable and housed within said recess, movable means located within said recess and attached to said upper end portion of each said leg, said movable means operable to move said legs from a stored position with said legs substantially completely within said recess to a deployed position with said legs substantially completely exposed outside said lower end portions of said handle, said movable means including a piston having a piston shaft and a piston head, said piston head attached to said upper end portion of each said leg, and a spring mounted between said upper end portion of said handle and said shaft for biasing said piston downwardly.
- 43. (new) The fore grip as defined in Claim 42 further including means for preventing rotation of said piston when said piston is moved upwardly and downwardly.
- 44. (new) The fore grip as defined in Claim 43 wherein said means for preventing rotation includes at least one protrusion extending from said piston head and said handle including a longitudinal recess into which said at least one protrusion is positionable for limiting rotational movement of said piston during vertical movement of said piston.
- 45. (new) The fore grip as defined in Claim 42 wherein said handle includes a plurality of annular grooves extending therearound.